

25 & 6 Hours in Frog Hollow

by GRO-Promotions LLC

ABOUT THE EVENT

Background

This is a grass roots event to show case the amazing terrain in Southwestern Utah and build and share our fabulous cycling culture. This event is also designed to raise money for the planning, construction, and maintenance of local trails. A portion of each entry will go back to improve cycling opportunities for all.

The Endurance racing format has been around for a long time, but the idea to apply it to mountain biking began about 14 years ago. There are now many versions around the country that range from 6 to 24 hours. This type of event is very appealing to mountain bikers because they can compete in a more relaxed atmosphere with less aggression. Entrance categories vary from the solo rider who will ride for the entire event time to teams of up to 8 people. Instead of raw aggression, this type of event builds community and partnership among riders. Because the competition is about endurance rather than speed, participants travel slower, and pass each other less. As the event proceeds through the night riders become spaced out. Many racers make these events into their family vacation, spending up to 3 additional nights in the host community.

Details

This event will host both a 24 hr (25) race and. The event will take place during the time change weekend every yr.

- Location: 5 miles Southeast of Hurricane off Hwy 59
- Course: Course will combine double track and single track trails to create the idea racing environment. The course features spectacular views of the Hurricane Valley, Gooseberry and Little Creek Mesa, and the Beauty of Gould Canyon.

25 hr course ~13 miles

- Schedule:
 - Packet Pick-up- Monday - Saturday 9 am
 - Camp Opens - Thursday @ 4 PM
 - Race Times
 - 24 hr- 10 am Sat- 10 am Sun
 - Special events- 6 pm to 10 pm Sat
- Environment:
 - Elevation: ~ 4300'
 - Climate: Averages High -77° to Low 44°
 - Day light: 12 hours sunrise- 7:24 sunset 7:25



NEED FOR THE EVENT

Tuesday, August 18, 2009

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The popularity of trails and specifically mountain biking in the St George area has grown both due to county population growth and due to growth in the sport, partially spurred by the interest in renewable energy and sustainable lifestyles. In addition, from Salt Lake to Las Vegas local media has stressed the need to diversify our economies.

Washington County has a fabulous network of developed BLM trails that are open to the public. With a great network at the communities' disposal athletes are naturally going to improve their skill and want to compete. We are losing these athletes to other events around the country by not offering one in our own community. The top female solo champion at the 24 hrs of Old Pueblo in Tucson was from St George, as well as the 4th place 4-person women's team. This event attracts over 30 riders from the Washington County every year, and even more participate in endurance events in Moab and Grand Junction because there is a lack of opportunity in the Southwestern Utah region.

UNIQUENESS OF FROG HOLLOW

- Extra hour for 24 hr race making it 25 hrs
 - "Double Midnight Lap"
- Over 6 miles of brand new single track!!
- 1st ever endurance Mountain Bike Event in Southern Utah
- No other similar events over Halloween weekend
- Festival Style atmosphere
 - Costume Contests
 - Team Themes, Best BIKE costume, Best Costume, etc....
 - Trunk or Treat

PROJECTED ATTENDANCE

1st Year

24 Hour Event Teams - 100
Total number of people to Host - 400

By 5th Year

24 Hour Event Teams - 200
Total number of people to Host - 1500





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ABOUT THE PROMOTER

Although 2009 will be the inaugural Event, race promoter Cimarron Chacon is no newby to the events world. Formerly as the Landscape Architect for the BLM in the St George Area she assisted with planning and permitting of many world class events, including the Red Bull Rampage Free ride Event, Red Rock Rampage XC Race, and Rhino Rally Motorcycling events. In addition, she has assisted with the organization of numerous trade shows, festivals, and competitive team events.

As a trained Landscape Architect Cimarron has also planned and designed over 500 miles of trail in her career, including recent work for Mammoth Mountain Resort Mountain Bike Park. ...And Yes, Cimarron Races!!!

25 HOUR RACE RULES

The 25 Hours in Frog Hollow is a team relay and solo rider mountain bike event. The race will begin at 10:00AM on Saturday and ends 25 long, grueling hours later at 10:00 AM Sunday. This race is held each year over the "Standard time" time change (fall back) hence the extra hour of riding. Both team and solo riders will compete for prizes.

** NOTE THAT RULES VARY FOR THE 6 HOUR RACE*

This race will include these categories:

- 6-10 Person Corporate co-ed – open (may have any combination of racers)
- 5 person co-ed-open –must have at least 1 rider of the opposite sex (4 F & 1 M or 4 M & 1 F)
- 4 Person Male
- 4 Person Female
- Duo Male
- Duo Female
- Duo Co-ed
- Duo Single Speed (M/F/or Coed)
- Solo Men
- Solo Women
- Solo Single Speed Male
- Solo Single Speed Female

Five person teams are automatically coed and must include at least one female rider. The corporate team category will consist of six to ten riders with no male/female restrictions. Corporate teams need not necessarily have sponsorship. All registered team riders in the corporate category must complete at least one lap.

The course will consist of a 13-mile loop including 8 miles of single track. The trails for this course have been designed specifically for 24 hour desert racing.

The 25 Hours in Frog Hollow is a premier mountain biking event aimed at having a festival like atmosphere. Our goal is to ensure that everyone will have a good time. So come and enjoy the friendship, team spirit, awesome trails and spectacular scenery that this event is sure to provide. Ride safe, ride fair and above all have fun.

STARTING PROCEDURE

1. Pre-race Meeting

The pre-race meeting will be held at 9 am for both races. The team captain and/or co-captain must attend the pre-race meeting; however, everyone is welcome.

2. *Log-in and Bike Placement*

All starting racers must have their bikes pre-positioned in the bike racks and be logged-in by 9:30 Am to the start of the race. Log-in closes 10 minutes before the start of the event. Racers failing to log-in that proceed with their first lap, risk losing their first lap. If a racer realizes they missed the log in they may wait until log-in reopens and start their lap late.

3. *Start time*

The race will begin at 10:00 PM on Saturday. The race will utilize a Lemans style starting procedure. The Lemans style start is preferred, because it ensures a safe and exciting method for starting a large number of riders. Riders will leave their bikes at the Stage tent and line up at the starting line. The racer will then run a designated 400-yard course to pick-up their bikes.

TIMING AND LOGGING

1. *Exchange Tent*

Only team members and ride workers are allowed in the rider transition area while the ride is being conducted.

2. *Logging Out*

Upon completing a lap each race must go through their appropriate gate (gates are by race number and event -25 or 6). They should know their number and say it to the officials. Your number will be recorded on a computer and hand system. Please go through the gate slowly to assure your time is recorded.

3. *Rider Exchange*

There is no baton to hand off in this ride. After a rider has checked in they can proceed to the exchange area to find their next rider and exit the tent. The next rider will enter the tent and proceed to the check-out gate.

4. *Logging In*

The next rider must announce his plate number to the log out official. The login time for the new rider is the logout time for the last rider regardless of whether or not that rider is present in the tent. However, if a rider fails to log in for their next lap that lap will not be counted. Login out helps event staff know how many riders are on course at any one time and will assist with any safety issues.

If the rider is to continue on for another lap he or she must check out on their way in the tent and check in as they leave the tent again. If a rider fails to do this only one lap will be recorded. If a team cancels a riders lap and is starting the lap over with a new rider, the log-in time recorded for the rider failing to complete the lap will be used as the login time for the new rider. Teams should be sure that each rider is logging in and out correctly.

5. *Rider Exchange*

A rider who has entered the course must complete his or her lap. Rider exchange can only be made at the check in station.

6. *Verifying Times*

It is the team's responsibility to verify their lap times. Hand lap lists will be available every hour for lap verification. Teams should discuss any discrepancies as soon as they are discovered with the race director. Teams are encouraged to keep their own team log to support and questions or protests.

GENERAL RULES

1. *Team Captains*

Each team will designate a team captain and co-captain. Team captains will represent the team in all official correspondence and communications before, during and after the event. The co-captain may represent the team during the event when the captain is unavailable. Only team captains and co-captains may file protests.

2. *Substituting a Rider*

To substitute a rider, the new rider must fill out an Accident Waiver, complete with team name and original signature, and deliver it to Gro Promotions no later than the end of the last day of Registration. You may either mail the Accident Waiver to the address on the form, by the date specified or you may turn it in at Race Registration. Please write Rider substitute on the waiver and indicate who they are replacing. Changes made after the date specified on the Accident Waiver will incur a \$10 late fee. Any changes or late waiver submissions received during the week prior to the race, regardless of postmark, will be \$20 each. Substitutions may be accepted until Friday before the event. No changes or substitutions will be made after the close of Registration on Friday and there will be no Registration on race day.

3. *Team Number Display*

Racers must display their race number the bike handlebar number on the front of their bikes, whenever on course. In the case of a bike swap, racers must swap the bike number to the new bike prior to continuing the race. It is very important to make sure each team member has their own plate, as individual times will not be accurate if these are switched. Anyone entering the course without a number plate will be asked to leave immediately.

4. *Permitted Course Riders*

Only officially registered racers, credentialed media and event staff may ride on the designated race course between noon on Thursday and 5 Pm Sunday of the event weekend.

5. *Coed Team Rules*

All co-ed teams are required to have a minimum one person of the opposite sex AND each person on the team is required to complete a minimum of one night lap in order to be considered in place ranking.

6. *Minimum Age Requirement*

Gro Promotions will not allow any racer to enter the 25 hour race (age limits are different for 6 hr event) that is younger than 14 years old. In addition racers between the ages of 14 and 17 must meet the minimum lap time to qualify to race or demonstrate they have competed in similar events and provide official completion times at least 5 days before the event. We do this to assure a safe environment on the course for all participants. If your child is able to ride the lap in one hour forty minutes or less they may ride in this event. If it's an option we highly recommend heading out for a pre-ride on the course to get a feel for lap times.

7. *Water and Food*

Water and food may be supplied to any racer, by anyone, anywhere on the course. However, racers must stay well clear of the course when taking food or water. Do not throw energy food wrappers on the ground. If you are caught intentionally littering it can be ground for disqualification. Sometimes items are lost accidentally, so if you see a downed water bottle or food item on the course try to pick it up. Remember: Leave No Trace

8. *Support on the Course*

A rider on the course may be supported on the course only by other registered riders. Those riders may be from a different team and must enter the course under their own power, either on foot or on a bicycle. Accessing the course by traveling cross-country is not allowed. The use of non-course access roads is permitted, but the rider must check in both at the support tent and with any check point officers so they do not cause a team disqualification. Short-cutting the course is not allowed (see rule #6). Any rider who has entered the course in support of another may bring equipment and tools and may even swap bikes with the rider in need of support. Cannibalizing bike parts is permitted in this race. Supporting racers should stay clear of all competing racers. Supporting racers may take any equipment or tools with them; they may even swap bikes with their teammates. Cannibalizing bicycle parts is legal. Support can be provided by any registered racer on any team to any registered racer on any team.

9. *Short-cutting*

The desert environment is fragile. The official course was designed to reduce impact to the areas. Short-cutting or traveling cross-country off the course by any registered racer shall result in a disqualification of that racer's team.

10. *Lights Burning*

Racers entering the course after 6:30 on Saturday and up to one-half hour before sunrise on Sunday (7:30) should have both primary and secondary light sources installed and in good working order. Racing with lights out to save batteries or racing with discharged batteries is dangerous and is done so at the riders own risk. It is also highly encourage that riders take a back up flashlight , pen light, or other safety light in case of total light failure.

11. *Right of Way*

Racers riding bicycles have the right of way over racers pushing bicycles. When practical, racers pushing or carrying their bikes should stay on the least rideable portion of the trail when being passed. Racers pushing or carrying their bikes may

overtake a racer riding his bike provided that they do not interfere with the riding racer.

12. *Lapped Racers*

Lapped racers should yield to leaders when it is safe to do so. Leaders should be very vocal when preparing to pass any racer. "PASSING on your LEFT!," "PASSING on your RIGHT!" should be called out. It is the responsibility of the lapped racer to inform the leader when and where it is safe to pass. It is the responsibility of the challenging racer to overtake safely. If the lead racer uses force that puts the lapped racer in harms way during passing this will be considered unsportsmanlike and can be grounds for a penalty. Unsportsmanlike behavior by any racer will not be tolerated and should be reported immediately.

13. *Vying for Position*

When two racers are vying for position, the leading racer does not necessarily have to yield position to the challenging racer. However, a racer may not bodily interfere, with intent to impede another racer's progress; this is considered to be highly unsportsmanlike behavior.

14. *Sportsmanship*

Foul riding, use of profane or abusive language and other unsportsmanlike behavior will be taken very seriously. Such behavior by any racer shall subject that racer's team to a warning or immediate disqualification. This will be strictly applied when such behavior is directed at course officials, or volunteers. The penalty imposed is at the discretion of the race director or co-director, should the race director be unavailable.

15. *Penalties and Disqualifications*

Rule Violations should be reported to the nearest race official. The race director will determine all penalties and disqualifications.

16. *Protests*

Protests can only be made by team captains or co-captains. Protests will be made in writing and delivered to the race director or co-director any time during the race or after the end of the race, up to 30 minutes after the posting of the final results. Protests should contain any information that supports the protest, including description of the incident, witnesses, names, addresses, phone numbers and signature of protesting team captain.

17. *Final Rulings*

The race director has the final say in any ruling, including rulings made by the co-director.

CAMP/STAGING

1. *Pit/Camp*

This is a team activity and we are a family at Frog Town. Please respect your neighbor racers by keeping noise levels down during night and using only as much space as you need. Also remember to be green- preserve desert vegetation, recycle, and dispose of all waste properly.

2. *Fires*

Only above ground fire pits are permitted. These may be a steel drum, oil pan or chimea type pit. If a camp is caught building a fire pit by breaking the surface of the soil they may be fined or asked to leave. If any camp builds a bon-fire they will be escorted out of frog town immediately and will be banned from this event.

3. *Quiet Hours*

Quiet hours for events conducted at night, will be imposed from 1 Am Sunday until 6 a.m. Sunday. During this time, noise must be kept to a minimum.

4. *Law Abiding*

Federal, state and county laws and ordinances will be abided by at all times. Conduct yourself and your party properly for a large crowd situation. Law enforcement officers will be present and anyone causing potential harm to the safety of others may be arrested.

FINISH

The ending time for the race is 10:00 AM on Sunday. No racer may enter the course after 10:00 AM. Any racer still on the course after 10:00 AM will log off after completing the lap. The final finishing places are to be determined by the total number of laps completed and the order in which each team completed the final lap. For example, a team that has completed 22 laps with a finish time of 10:31 p.m. would beat a team that completed 22 laps, with a finish time of 10:47 p.m. And, of course, a team that completed 23 laps, with a finish time of 11 a.m., would beat them both. If a racer logs- out before 10 and no other team member logs-in before 10:00 a.m., the last completed lap time will be the finish time. Teams may finish the race at any time before 10 am without penalty.